






Quick Chicken Soup

 Dairy Free  Very Healthy

READY IN

30 min.

SERVINGS

4

CALORIES

373 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- 0.8 pound roasted chicken cooked cut into 1/2-inch pieces (2 cups)
- 1 cup peas green frozen
- 1 cup celery stalks sliced
- 1 cup carrots sliced
- 0.5 cup onion chopped
- 2 garlic clove finely chopped
- 7 cups chicken broth reduced-sodium (from two 32-ounce cartons)
- 1 tablespoon parsley fresh chopped

- 1 tablespoon thyme sprigs dried fresh chopped
- 0.3 teaspoon pepper
- 1 bay leaves dried
- 4 ounces rotini pasta uncooked

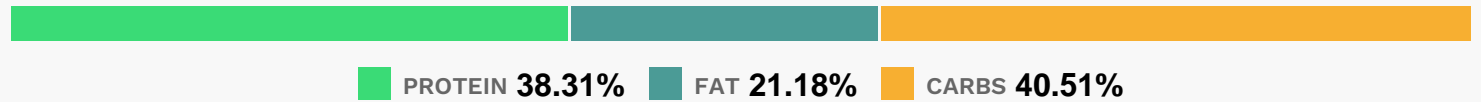
Equipment

- dutch oven

Directions

- Heat all ingredients except pasta in 4-quart Dutch oven. Stir in pasta.
- Heat to boiling, stirring occasionally; reduce heat.
- Simmer uncovered 10 to 15 minutes, stirring occasionally, until pasta and vegetables are tender. Discard bay leaf.

Nutrition Facts



Properties

Glycemic Index:74.79, Glycemic Load:11.68, Inflammation Score:-10, Nutrition Score:25.728260890297%

Flavonoids

Apigenin: 23.28mg, Apigenin: 23.28mg, Apigenin: 23.28mg, Apigenin: 23.28mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 373.16kcal (18.66%), Fat: 8.9g (13.69%), Saturated Fat: 2.43g (15.19%), Carbohydrates: 38.3g (12.77%), Net Carbohydrates: 33.24g (12.09%), Sugar: 6.1g (6.78%), Cholesterol: 63.79mg (21.26%), Sodium: 236.98mg (10.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.22g (72.45%), Vitamin A: 5867.08IU (117.34%), Vitamin B3: 14.11mg (70.56%), Selenium: 40.01µg (57.16%), Phosphorus: 409.54mg (40.95%), Manganese: 0.64mg (32.14%), Vitamin B6: 0.61mg (30.42%), Vitamin C: 22.56mg (27.34%), Potassium: 930.74mg (26.59%), Vitamin K: 27.75µg (26.43%), Copper: 0.46mg (22.79%), Vitamin B2: 0.37mg (22.02%), Fiber: 5.06g (20.25%), Iron: 3.45mg (19.17%), Zinc: 2.78mg (18.52%), Magnesium: 63.01mg (15.75%), Vitamin B1: 0.22mg (14.35%), Folate: 53.69µg (13.42%),

Vitamin B5: 1.18mg (11.84%), Vitamin B12: 0.66µg (10.99%), Calcium: 83.27mg (8.33%), Vitamin E: 0.41mg (2.73%)